

## Claims

- (1) A united flexible exothermic medium comprising a mixture of:  
an exothermic agent which generates heat in contact with air; and  
a water-absorptive polymer and/or a second polymer other than the water-absorptive polymer,  
wherein said mixture is pressed with alcohol, a cross-linking agent, or a plasticizer under a prescribed pressure to be united.
- (2) The united flexible exothermic medium according to claim 1, wherein  
said alcohol is ethanol, isopropyl alcohol, ethylene glycol, propylene glycol, or glycerin.
- (3) The united flexible exothermic medium according to claim 1 or 2,  
wherein said cross-linking agent is to promote the cross-linking reaction between said water-absorptive polymers, between said second polymers, or between said water-absorptive polymer and said second polymer.
- (4) A united flexible exothermic medium comprising a mixture of:  
an exothermic agent which generates heat in contact with air; and  
a water-absorptive polymer and/or a second polymer other than the water-absorptive polymer;  
wherein said mixture is pressed under a prescribed pressure and also irradiated with light or heated to be united.
- (5) The united flexible exothermic medium according to claim 4, wherein  
said cross-linking agent is to promote the cross-linking reaction between said water-absorptive polymers, between said second polymers, or between said water-absorptive polymer and said second

polymer.

- (6) The united flexible exothermic medium according to one of claims 1 through 5, wherein a filler is added to said mixture.
- (7) The united flexible exothermic medium according to one of claims 1 through 6, wherein said pressure is 100 - 8000 kg/cm<sup>2</sup>.
- (8) A heating element comprising said united flexible exothermic medium described in one of claims 1 through 7.
- (9) A heating element comprising a united flexible exothermic medium, wherein one surface of said exothermic medium is exposed to air and the other surface has an adhesive.